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**Everlasting**  
**HEALTH**

....the natural choice for you  
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## A busy month coming to a close...

*This month has been pretty busy for myself.....National Herbal Medicine Awareness Week a couple of weeks ago took a little bit of planning—but it was fun to get out there & meet new people & spread the word about using natures goodies to help heal your ailments.*

### Inside this issue:

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A big THANK YOU to all who entered my free raffle...unfortunately there can be only one winner—congrats Michelle!!

**Don't forget to use your 25% off discount vouchers before they expire—to receive an Initial Naturopathic Consult a bargain price.**

Try the recipes I include in my newsletters to add variety & healthy choices to your meal planning. Include some everyday herbs for your ailments, & maybe give Flower Essences a go to support you towards achieving your goals of a better you. You'll be surprised by the way simple changes can really change your life.

YOU CAN DO IT!!!

I look forward to seeing you soon!!

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## Well ....the Grand Finals are over.....

### Special points of interest:

- Inspiration to go forth....
- The wonder herb...
- Anxious???
- Spring has sprung!!
- My Bio...
- One of my favourites...

*Well....I don't know about your household....but mine has been preoccupied by who will get in the finals...& then once they're there...can they pull it off??!*

It's funny how men...(& quite a few women out there also) are passionate about their team. Well not so funny—but good to see that passion in their eyes. To "eww & ahh" over the attempt at goals or tries. And the "why did you do that ...you idiot!" But in the end everyone generally says...the better team won on the day. That's great sportsmanship.

We are lucky enough to have "his" team in the AFL Finals, & even luckier to have them win after a nail-biter of a game. The delight on his face & enthusiasm was catching. To see someone who has had faith in a team over many many years through thick & thin, & be so excited in the win - brings a smile to my face.

*Standing true to what you believe & having faith, is what makes our lives complete.*

## Providing calm, strength & inspiration with Flower Essences...



**Many Headed Dryandra -  
Dryandra polycephalus**

Looking for inspiration???? Trying to find fulfillment in your work or personal life....maybe this is the essence for you.

This essence helps you to find commitment within again. Sometimes you may feel that you don't want to be responsible for your family...you want to run-away & be irresponsible. You feel like you just can't cope anymore.

You know in the long run this isn't what you really want—but it's just an escape for a little while. This essence will bring maturity & stability from within.

The mind settles & a sense of joy is returned. Planning for long term relationships & goals continue, in a positive way forward.

***When I stand still  
Life comes to me  
bringing gifts of Love  
& sometimes a load to be shared.***

***I accept with Joy  
& nourish my Soul.***

Remember—the Flower Essences I use come from Western Australia. W.A. has the largest number of wild flowers in the world! They have been used by Indigenous people for hundreds of years, & I have personally experienced their healing during ceremonial pit healing sessions run by LiFE academy in Perth. Today we have options such as drops, creams or spray to assist us everyday.

To experience the magic of Flower Essences, call today to make an appointment & start your road towards Everlasting Health.

## Lavender, *Lavendula officinalis*

**Buy some Lavender  
Essential Oil today  
for your first-aid kit  
at home.**

Now....if you're already a client of mine....you know already that I praise Lavender till the sun goes down. Actually—that's when I *really* start to praise it?! The Romans used it as part of their daily bathing ritual, then shared the herb with Europe to enjoy.

Lavender is a wonderful herb...& essential oil that every household should have. The flowers can be dried & used in many ways—in sachets for clothes drawers & wardrobes to ward off insects, as 'old school' potpourri to freshen the air, as a tea or sprinkled in the bath.

The essential oil does wonders for sleep & restless mind by simply adding a few drops on your pillow slip. Add a few drops to a bowl of cold water & use a compress when you have a headache.

The neat essential oil can be put directly onto insect bites, & also onto a minor burn between ice application to lessen any scarring & prevent possible infection.

*Enjoy Lavender in all forms in the home today.*



***Lavendula officinalis***

## Reduce Anxiety today...

### A Fresh Smoothie & Juice to try:

- Grind brazil nuts in blender, add soy milk, mint leaves, carob powder, yoghurt & dollop of honey (high in calcium, magnesium, selenium, potassium, & iron). YUM!!
- To let your anxiety slip away, juice with a handful of ice— apples, oranges, lemons & iceberg lettuce (full of vit C & folic acid, iron, vit A, calcium & potassium. Lactones are found in the lettuce, which was used in ancient Assyrians as a mild sedative).



### Boosting Foods:

- Eat a handful a day of almonds, brazil, cashew nuts, sunflower & sesame seeds to get a punch of magnesium to ease cramps by relaxing muscles, also high in zinc & iron.
- Enjoy some fish—try snapper, salmon, oysters, sardines to balance hormones, reduce inflammation & water retention (all rich in omega 6 & B vitamins)
- Grains such as millet (gluten free), rye, buckwheat & brown rice are also high in vit B's, calcium, magnesium, potassium, phosphorous & folic acid. These aid calming the nervous system, digestion & benefits the liver.



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*...the natural choice for  
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*Shift the energy in  
your life.*

## Spring time is here...make the most of it!!

'Spring' is upon us....time for a 'Spring Clean'...in & around the home...& also your body!

As the Wet approaches....time to grab hold of that last bit of coolish weather & clear out the old. Time to go through your wardrobe & pass on to charity clothes that you no longer wear or don't fit properly. Someone else may as well benefit I say.

Air out your home....properly! Clean those fans, air conditioners & blinds/curtains. Change a few things around

in your rooms to prompt a change of energy flow. Grab a book or two on Feng Shui & see what works for your home. You may need to add a few things into the mix to make it flow....but watch the changes unfold.

Simple things can be done to "lift" the energy & feel within your home—a new picture on the wall or a splash of colour somewhere. And it doesn't just have to be paint on the walls—flowers, new lamp shades, or throw cushions could make all the difference.

Now for "your" spring clean.....maybe it's time for a detox. After the dry season parties & before the Wet is here.....maybe you can kick start your metabolism & re-energise your body with herbs & a little modified eating plan.

Supporting your body with herbs & nutrients during this time aids the detox, & causes minimal distress that may happen with more severe detoxification programs. You won't want to go back to those "bad" eating habits.

**Bounce into Spring  
for.....Everlasting Health!!**



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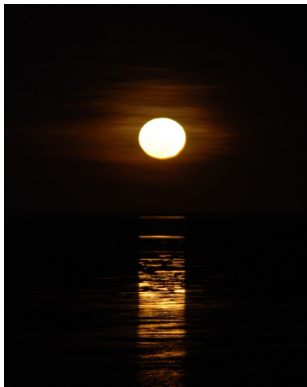
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*Thank you for letting me join you on  
your health journey....*

*may health & happiness be with you always.*

*Kristy*

*I first became interested in natural medicines when my nan (Norma Hollis) introduced me to herbs when I must have been 8 or 9 years old.....many many moons ago! I continued to dabble for many years, whilst I pursued a career in science. Then I realised I must do what it is I love to do - so I went back to college to become a qualified Naturopath, Herbalist & Holistic Counsellor/Flower Essence Therapist. Hence, I use evidence based complementary medicine to help heal you - body, mind & spirit.*

*I work alongside you, using various modalities to suit the individual. I believe nutrition & lifestyle are the basis of many health issues. Luckily we can change these, especially with a guiding hand. Herbal & nutritional supplements may also be needed to support the body during this time. I use Iridology as a supportive tool, as well as a few "inclinic" tests during my consultations - which are included in my fees. Other specific tests may be required, depending on your health concern.*

*I have a special interest in children's behavioural problems such as ADD/ADHD. Here, as always, I use a holistic combination of herbs, nutrition, lifestyle & flower essences to support the individual. There are many more health & emotional issues which I can help you heal - naturally. I can work alongside your GP with your orthodox medications as required.*

## **Pumpkin & Rosemary Soup anyone????**



**Enjoy!!!**

1 large butternut pumpkin

2 large onions sliced

1 can tomatoes, chopped

Bunch rosemary leaves

Vegetable stock

1/2 tspn ground nutmeg

1/2 C plain yoghurt

Peel the pumpkin & cut into big chunks & place into large saucepan.

Add the onions, tomatoes, rosemary & enough stock to cover vegetables.

Bring to the boil, cover & simmer until soft.

Stir in the remaining ingredients, puree the soup in a blender & reheat, but don't boil.

Garnish with a few rosemary leaves.

**Serves 4-6 people.....Yum!!**

## References

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4. Edgson, V. & Marber, I (1999) *The Food Doctor—Healing Foods for Mind & Body*; Great Britain—Collins & Brown Ltd



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***Happy Fathers Day—2nd September***



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